



The Mayor and Town Council invite you to attend

"Family Fitness Fun Day"

(This isn't your typical workout!)

Date: Sunday, February 22, 2015 **Time:** 1:00 pm – 5:00 pm

Location: Recreation Center
1200 Koelle Blvd. Secaucus, NJ 07094

Event: A fun filled day focusing on fitness and smart food choices to keep adults and children healthy and moving throughout the cold winter months.

ADULT PROGRAMS:

(All activities are in 30 min. intervals)

- CrossFit
- Yoga
- Zumba
- Karate
- KickBoxing
- Swing
- Salsa
- Beginner Belly Dancing
- Cardio Dance Class
- Spin Class
- Water Aerobics

HEALTHY EATING

DISCUSSION AND SAMPLING:

- MeriTerese Racanelli, Goya Food Scientist and Nutritionist
- Meadowlands Hospital Nutritionists

GIVE-A-WAYS:

- (3) 1 Year Membership, Rec. Center
- 3 Yoga Sessions, Divine Yoga & Wellness
- 1 month Taekwondo trial membership, Secaucus Martial Arts Center
- 10 Adult Kickboxing classes, Secaucus Martial Arts Center
- 1 month Dance Class of your choice, Dance Power
- Free Screenings (Blood Pressure, Glucose, & Cholesterol), Meadowlands Hospital
- Food Samplings (Goya)
- (3) 30 min. training sessions with Cindy Fox
- (3) 30 min. Intro. Dance Class (Adult), Alex Tchassova
- (3) 30 min. Intro. Dance Class (Child), Alex Tchassova
- (3) Spin Classes, Spinergy Fitness
- (3) Pilates Classes, Spinergy Fitness
- (5) 1 day trial class, CrossFit Secaucus
- Healthy, Tasty, Affordable Latin Cooking Cookbook (Provided by Goya)

* Bring water, yoga mat, & towel

CHILDREN PROGRAMS:

(All activities are in 30 min. intervals)

- Ballet (Ages 6+)
- Toddler Aerobics (Ages 2 ½ - 5)
- Mixed Hip Hop (Ages 6-14)
- Boys Hip Hop (Ages 6-14)
- Swing (Ages 6+)
- Polka (Ages 6+)
- Youth Yoga (Ages 6+)
- Teen Yoga (Ages 10-14)
- Karate (Ages 6-13)
- Urban Youth Challenge (Ages 6-14)
- We Fitness Challenge (Ages 6+)

